



# FIRST THINGS FIRST

*Ready for School. Set for Life.*

San Carlos Apache Regional Partnership Council



## 2014 Resource Calendar

Look for First Things First funded programs marked with 

Infants  
&  
Toddlers

Youth

Family  
Support





Schools

Health  
Care

Libraries  
& Special  
Needs

Contact  
First  
Things  
First

# Infant & Toddler Resources

<i>Apache Kid Child Care—Bylas</i>	<i>928-475-3298</i>
<i>Apache Kid Child Care—San Carlos</i>	<i>928-475-2703</i>
 <i>Birth to Five Helpline</i>	<i>877-705-5437</i>
<i>Community Health Representatives—Bylas</i>	<i>928-475-4261</i>
<i>Community Health Representatives—San Carlos</i>	<i>928-475-2688</i>
 <i>Developmental and Sensory Screening</i>	<i>928-475-2740</i>
<i>Maternal and Child Health Clinic</i>	<i>928-475-2350</i>
 <i>Nutrition/Obesity/Physical Activity</i>	<i>928-475-2350</i>
 <i>Quality First</i>	<i><a href="http://www.qualityfirstaz.com">www.qualityfirstaz.com</a></i>
<i>Well Baby Clinic</i>	<i>928-475-7276</i>
<i>W.I.C.</i>	<i>928-475-2468</i>

Infants  
&  
Toddlers

# Youth Resources

<i>Boys &amp; Girls Club of the San Carlos Apache Nation</i>	<i>928-475-2140</i>
<i>Bylas Young Parent Program</i>	<i>928-475-4875</i>
<i>Community Health Representatives—Bylas</i>	<i>928-475-4261</i>
<i>Community Health Representatives—San Carlos</i>	<i>928-475-2688</i>
<i>Healthy Student Project—Bylas</i>	<i>928-965-2061</i>
<i>San Carlos High School Teen Pregnancy &amp; Young Parent</i>	<i>928-475-4785</i>
<i>Teen Line</i>	<i>602-248-8336</i>
<i>Young Warrior Program</i>	<i>928-475-4875</i>
<i>Youth Home</i>	<i>928-475-2517</i>



Youth

# Family Support Resources

 <i>Apache Language Preservation</i>	<i>928-475-5060</i>	<i>Older Adult Center—Bylas</i>	<i>928-475-4259</i>
<i>Crisis Line</i>	<i>866-495-6735</i>	<i>Public Defender</i>	<i>928-475-5533</i>
<i>DES—Bylas</i>	<i>928-475-4420</i>	<i>Shelter Care</i>	<i>928-475-2820</i>
<i>DES—San Carlos</i>	<i>928-475-2778</i>	<i>Social Services</i>	<i>928-475-2313</i>
 <i>Food Security</i>	<i>928-475-2313</i>	<i>Teen Line</i>	<i>602-248-8336</i>
<i>Foster Grandparents</i>	<i>928-475-2774</i>	<i>Training Institute</i>	<i>928-475-4220</i>
<i>Housing Authority—Peridot</i>	<i>928-475-2346</i>	<i>Wellness Center—Bylas</i>	<i>928-475-3450</i>
<i>Housing Authority—San Carlos</i>	<i>928-475-4253</i>	<i>Utility Authority—Bylas</i>	<i>928-475-4225</i>
<i>Housing Authority—Tufa Stone</i>	<i>928-475-5183</i>	<i>Utility Authority—San Carlos</i>	<i>928-475-2307</i>
<i>Job Placement</i>	<i>928-475-2336</i>	<i>W.I.C.</i>	<i>928-475-2468</i>
<i>Mount Graham Safe House</i>	<i>928-348-9548</i>	<i>Youth Home</i>	<i>928-475-2517</i>

Family  
Support

# School Resources

<i>Fort Thomas Elementary School</i>	<i>888-485-2431</i>	<i>Our Savior's Lutheran School—Peridot</i>	<i>928-475-7537</i>
<i>Fort Thomas High School</i>	<i>888-485-2427</i>	<i>Preschool Child Readiness</i>	<i>928-475-3201</i>
<i>Head Start—Bylas</i>	<i>928-475-4006</i>	<i>Rice Primary School</i>	<i>928-475-2315</i>
<i>Head Start—7 Mile</i>	<i>928-475-2730</i>	<i>Rice Intermediate School</i>	<i>928-475-4837</i>
<i>Head Start—Gilson Wash</i>	<i>928-475-2733</i>	<i>San Carlos Secondary School</i>	<i>928-475-2378</i>
<i>Head Start—Peridot</i>	<i>928-475-2727</i>	<i>St. Charles School</i>	<i>928-475-2449</i>
<i>Mt. Turnbull Academy—Bylas</i>	<i>928-475-3050</i>		



Schools

# Health Care Resources

AHCCS—Graham County	928-428-2340	Fitness Center—Bylas	928-475-2319
AHCCS—Gila County	928-425-2671	Fitness Center—San Carlos	928-475-5383
ALTCS	928-475-2138	Fire Department—Bylas	928-475-6444
Animal Control	928-475-2798	Fire Department—San Carlos	928-475-5022
 Birth to Five Helpline	877-705-5437	Graham County Rehab Center	928-428-7968
Cobre Valley Regional Medical Center	928-425-3261	Indian Health Services—Bylas	928-475-2686
Community Health Representatives—Bylas	928-475-4261	Indian Health Services—San Carlos	928-475-2371
Community Health Representatives—San Carlos	928-475-2688	 Nutrition/Obesity/Physical Activity	928-475-2359
Diabetes Prevention Program	928-475-5940	Renal Care Group	928-475-5987
Dental	928-475-7354	San Carlos Hospital	928-475-2371
 Developmental & Sensory Screening	928-475-2740	San Carlos Hospital Health Promoter	928-475-7332
Domestic Violence Advocate	928-475-2811	San Carlos Optical	928-475-5367
EMS	928-475-2388	Well Baby Clinic	928-475-7343
EMS Transport	928-475-2338	Wellness Center—San Carlos	928-475-4875
Eye Clinic	928-475-7244	W.I.C.	928-475-2468

Health  
Care

# Libraries & Special Needs Resources

 <i>Dolly Parton Imagination Library &amp; Story Time</i>	<i>928-475-2611</i>
<i>Gila County Library District</i>	<i>928-402-4768</i>
<i>Graham County Library</i>	<i>928-432-4165</i>
<i>San Carlos Library</i>	<i>928-475-2611</i>
<i>San Carlos Special Education</i>	<i>928-475-5625</i>

Libraries  
& Special  
Needs







# Shashke' 2014

## January



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# My Teeth Matter Too!

Teeth are meant to last a lifetime; it's important to take care of your child's teeth and gums starting at birth!

- To prevent tooth decay, do not let a child of any age suck on a bottle of milk, formula or juice for long periods or during sleep time
- Check your child's teeth and gums once a month--if you see any spots, take your child to a dentist right away
- Replace toothbrushes about every three months and after illness
- For children age two and under, brush teeth with a smear of fluoride-free toothpaste on a soft child-sized toothbrush after meals and snacks
- For children over two, use a pea-sized amount of fluoride toothpaste on a soft child-sized toothbrush and work up to brushing for two minutes after meals and snacks
- Wipe an infant's gums with a clean washcloth after they eat or breastfeed
- Your child should see a dentist before they are one year old. After their first visit, schedule regular check-ups every six months.
- Children need your help to properly brush their teeth until they are 7 years old
- Limit saliva-sharing activities (sharing utensils, etc.)

# Muhch'ii 2014

## February



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	





# T'ąą Náchil 2014

## March



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

# You Are My First Teacher!

You are your child's most important teacher. It is your job to set up many ways for him to play every day. Children learn to communicate, connect with others and develop their imagination through play. Help your child learn and grow.

- Make a healthy snack together
- Tell your child something you love about them
- Give your child praise for something they did today
- Take your child on errands and talk to them about what they see
- Sign up for the summer reading program at your library
- Read books with stories and pictures that show different cultures
- Display your child's art work at eye level so they can talk to you about it
- Offer your child puzzles, books, blocks, toys and materials for arts and craft projects
- Plan some activities for your child to do alone and some for them to do with others

# T'aa Náchoh 2014

## April



FIRST THINGS FIRST

*Ready for School. Set for Life.*

[azftf.gov](http://azftf.gov)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			





# T'aa Náchoh 2014

## May



FIRST THINGS FIRST

*Ready for School. Set for Life.*

[azftf.gov](http://azftf.gov)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

# Talk and Sing with Me!

Listening, talking, and singing together through the day are the most important ways you teach your child about language.

- Lie in the grass and look for shapes in the clouds
- Teach your child how to somersault
- June 20th – stay up late on the longest day of the year
- Say the Pledge of Allegiance
- Look for bugs and butterflies around your home
- Talk about what you are doing and where you are
- Make up silly songs about what you see while driving in the car
- Look at your child's face when they talk to you
- Let your child tell you stories about family photographs

# Itsá Bizhaazh 2014

## June



FIRST THINGS FIRST

*Ready for School. Set for Life.*

[azftf.gov](http://azftf.gov)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					





# Binii' Lii'chii 2014

## July



FIRST THINGS FIRST

*Ready for School. Set for Life.*

[azftf.gov](http://azftf.gov)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

# Let's Get Moving!

Children need at least one hour of physical activity every day. Encourage your child to play in ways that are fun and good for his health!

- Schedule your child's next dentist appointment
- Check-out a library book about safety
- Freeze your child's favorite fruit for cool summer snack
- Choose one afternoon to take your whole family to the park
- When grocery shopping, choose foods with whole grains
- Make sure your child participates in high energy activities like running, biking and dancing for most of their exercise
- Weight bearing play builds muscle--encourage your child to do gymnastics and play on the jungle gym
- Set a positive example and exercise every day

# Itsi' Diłdzid 2014

## August



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						





# Binist'án cho 2014

## September



FIRST THINGS FIRST

*Ready for School. Set for Life.*

[azftf.gov](http://azftf.gov)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

# Keep Me Well

Well Child Check-ups are regular appointments with a pediatrician to be sure your child is growing healthy. Each visit includes a physical exam, child development assessment and necessary vaccines. It's a good opportunity for parents to ask questions and learn about your child's growth.

- Help your child make a list of all the things he's thankful for
- Collect leaves of different colors and make an autumn collage
- Decorate old socks to make puppets and put on a show
- Play indoor volleyball with a balloon
- Replace the batteries in your smoke detectors
- Call your pediatrician to schedule your child's next Well Child visit
- Write down any questions or observations to want to discuss with your pediatrician before your visit
- Encourage everyone in your household to get a flu shot before flu season begins

# Gháázhị' 2014

## October



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	





# Kọ' bọọh náńk' as 2014

## November



FIRST THINGS FIRST

*Ready for School. Set for Life.*

[azftf.gov](http://azftf.gov)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

# Show Me Love!

Children feel good about themselves when they have healthy relationships with their family and care-givers. When your child feels self confident, they will be ready to learn, communicate and be able to solve problems as they grow up.

- Show respect by including your child in day-to-day conversations
- Lead by example – show your child how to share, take turns and get along with others
- Praise your child when they do the right thing
- Help your child feel safe and comfortable with regular routines, expectations and limits
- Encourage close relationships with other caring adults
- Spend lots of time talking to, touching and holding your child
- Show your child that you care by making eye contact when you speak to her
- Get involved in activities with other parents and young children
- Thank your child for their help and talk to them about what a difference their help made

# Zas Nt'ees 2014

## December



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# FIRST THINGS FIRST



*Ready for School. Set for Life.*

San Carlos Apache Regional Partnership Council

San Carlos Apache Regional Office

Globe, Arizona

928-425-8172



[aztf.gov/sancarlosapache](http://aztf.gov/sancarlosapache)



[facebook.com/AZFirstThingsFirst](https://facebook.com/AZFirstThingsFirst)



[twitter.com/AZFTF](https://twitter.com/AZFTF)

Infants  
&  
Toddlers

Youth

Family  
Support

Schools

Health  
Care

Libraries  
& Special  
Needs

Contact  
First  
Things  
First